

Kumenya ko umukozi mukorana yapimwe agasanga afise COVID-19 birashobora gutuma umuntu ahagarika umutima, mugabo hariho ingingo utegerezwa gufata kugira ngo ugume ata nkomanzi. Ubu buyobozi buraba abantu benshi, mugabo ubuyobozi kadondwa bushoora gusubirira ibi biraba abakozi bo mu bisata bimwebimwe, akarorero nk'abantu bakorera mu nyubakwa rusangi n'abakozi batunganya ibikoresho bihambaye vy'ukwita ku magara.

Nzomenya gute ko umukozi dukorana yapimwe agasanga afise indwara?

Umukozi mukorana arashobora we nyene kubikubarira mu buryo burashe, umukoresha wawe arashobora kubikubarira, canke mu Gisata Kijejwe Amagara y'Abantu barashobora kugutera akamo kuri telefone bagaca bakubarira nimba uri umuntu yigeze kwegerana n'uyu mukozi mukorana yapimwe agasanga afise iyo ndwara.

Harashobora gukwiragira amakuru atari yo n'amakenga ku biraba COVID-19 mu bakozi bakorana. Wibuke gufata abakozi mukorana n'icubahiro kandi utegerezwa kugira ibanga.

Ni kuki mu Gisata Kijejwe Amagara y'Abantu bategerezwa kunterefona?

Mu gihe umuntu apimwe agasanga afise COVID-19, mu Gisata Kijejwe Amagara y'Abantu bayaga nawe kugira ngo batahure abantu yiyegereza bahuye nawe mu kiringo yandukijwe iyo ndwara (gutangura imbere y'iminsi ibiri bimenyetso bitanguye kwibonekeza canke iminsi ibiri imbere yuko abantu bapimwe bagasanga bararwaye ariko ata bimenyetso birigera vyibonekeza kuri bo). Umuntu yiyegereza bisigura kuba ku metero zidashika kuri zibiri ziwe zingana n'intambuko 6 n'imiburiburi mu kiringo c'iminota 15. Mu Gisata Kijejwe Amagara y'Abantu bazokurikirana buri muntu yama yiyegereza kugira ngo basuzume ingeramizi afise z'ukwandukizwa COVID-19 kandi bace bamushikiriza amakuru yo kuguma i muhira n'akamaro ko gupimwa.

Ni ryari noba nkeneye kuba ukwa jenyene kandi nkaguma i muhira sintonde ku kazi?

Nimba **woba** waregereye umuntu arwaye COVID-19 mu kiringo yashobora kwandukiza abandi, utegerezwa [kuba ukwa wenyene](#) mu kiringo c'iminsi 14. Umunsi uharurwa nka 0 ni umunsi wa nyuma uheruka kwegerana n'uyu muntu. Harashobora kuba abatarabwa n'iyi ngingo y'ubuyobozi bwo kwiyugarana bifatiye ku kazi kanaka urangura hamwe n'ubushobozi bw'abakozi. Mu Gisata Kijejwe Amagara y'Abantu bazogushikiriza ubuyobozi kadondwa n'intambwe zikurikira utegerezwa gutera.

Urashobora kuvugana na muganga wawe yama akuvura ingene wopimwa ku munsi w' 7 canke inyuma y'iyi minsi wiyugaranye, nimba ata bimenyetso ufise. Aya mahitamwo ntayahari ku bantu bakorera hamwe mu nyubakwa rusangi ahanu hari ingeramizi ikomeye cane rwose yo kwandukizwa COVID-19 ku bantu bakarirwa n'indwara kurushiriza, akarorero nk'abantu bafashwa kugira babeho n'abantu bari mu mabohero. Nimba upimwe ntihaire indwara bagusangana, ushobora guhagarika kwiyugarana hakiri kare ugasubira gutonda ku kazi.

Kirundi

Ibiraba abantu begeranye n'abantu bapimwe bagasanga bafise iyo indwara: Igipimo cerekana ko utarwaye COVID-19 hamwe n'ikete rirungitswe n'lgisata Kijejwe Amagara y'Abantu bitegerezwa kwerekwa umukoresha kugira ngo usubire gutonda ku kazi. Igisata Kijejwe Amagara y'Abantu nta kete gishikiriza rivuga ko ushobora gusubira gutonda ku kazi.

Nimba **utigeze** wegerana n'umuntu arwaye COVID-19 mu kiringo co kwandukiza abandi, urashobora gutonda ku kazi kandi ntukeneye kwiugurana.

Ni ikihe kintu kindi ntegerezwa kumenya kuri COVID-19?

- Indwara zirashobora gutuma abantu barwara ata kuraba ubwoko bwabo canke amamuko. Ubwoba no guhagarika umutima kubera COVID-19 birashobora gutuma abantu birinda canke baterekwa abandi naho ata ngeramizi boba bafise zo gukwiragiza uyo mugera.
- Abantu barashobora gukwiragiza uyu mugera utera COVID-19 kuva ku minsi ibiri ibimenyetso vyawo bitaribonekeza ku mubiri wabo. Mugabo, abantu bamwe bamwe barwaye COVID-19 nta bimenyetso vyibonekeza ku mubiri wabo.
- Birazwi ko COVID-19 ikwiragira biciye ku bantu begerana iva ku muntu igashika ku wundi, biciye mu tuma duto duto cane tw'amate duca mu mpwemu zisohoka mu gihe umuntu akoroye, yasamuye, canke ariko aravuga. Wirinde gukora ku maso yawe, ku mazuru, canke ku munwa utakaravye iminwe.
- Pfuka umunwa wawe n'amazuru n' [agapfukamunwa](#) niwoba uri hamwe n'abandi bantu utari imuhira.
- Guma imuhira ntutonde ku kazi niwoba ufise umucanwa, ujugumira, ufise inkorora, impwemu nkeyi, urushe, ubabara mu mitsi no ku mubiri, wamenetse umutwe, udasoserwa canke utamoterwa, ubabara mu muhogo, upfunganye, ufise ibicurane, ufise iseseme, udahwa, canke ucibwamo. Barira umuganga wawe asanzwe akuvura kugira ngo upimwe.
- Karaba iminwe yawe kenshi, ukoresheje isabuni n'amazi mu misegonda 20 canke ukoresheje umuti wica imicafu urimwo n'imiburiburi umuti wica imicafu ku rugero rushika kuri 60% .
- Irinde gusabikanya ibikoresho n'abandi canke ahantu mukorera kandi [usukure](#) ahantu hose ukorera imbere yo kurangura akazi no mu nyuma umunsi w'akazi uheze.
- Abantu bapimwe bagasanga barwaye iyo ndwara bategerezwa kudasubira gutonda ku kazi gushika bahejeje [ikiringo c'ukwiyugarana i muhira](#) .
- Umuntu yahejeje ikiringo c'ukwiyugarana canke yakuwe ahantu yari yashizwe kuba wenyene nta ngeramizi aba ateye yo kwandukiza abandi bantu.

Kirundi

- Ahantu hakoreshwa n'umuntu yapimwe agasanga arwaye COVID-19 harashobora gukoreshwa n'abandi bantu hahejeje [gusukurwa no gushirwako umuti wica imigera](#). Nimba haheze iminsi indwi uwo muntu yahora arwaye avuye aho hantu, hategerezwa gusubira gusukurwa bitandukanye n'isuku risanzwe kandi kuhashira umuti wica imigera si ngombwa.

Ni hehe noronka ayandi makuru n'uwumfata mu mugongo?

- [Ku muhora ngurukanabumenyi wa Vermont usigura ivyerekeye COVID-19](#)
- [Ibibazo abantu bakunda kubaza kuri COVID-19](#)
- [Ingene Wonyinyana n' Uguhagarika Umutima Kubera Akazi kandi Ntucike Inkokora mu Kiringo c'Ikiza ca COVID-19](#)
- [Imibano, Amashure, Ku Kazi, no mu Bikorwa vy'Urubanza](#)
- [Ni iki wokora nimba uri umuntu yegereye umuntu yasuzumwe agasanga arwaye COVID-19](#)
- [Kunyinyana n'Uguhagarika Umutima kubera Akazi](#)
- [Ingene Wokwikingira Wewe nyene N'Ingene Wokingira Abandi](#)

Kirundi

Learning that a co-worker has tested positive for COVID-19 can be stressful, but there are actions you can take to stay safe. This guidance applies to most people, but more specific guidance may supersede this for employees from certain sectors, such as people who work in congregate living facilities and critical care infrastructure workers.

How will I know if my co-worker tested positive?

Your co-worker may tell you directly, your employer may tell you, or you may receive a call from the Health Department if you had possible close contact with a co-worker who tested positive.

There may be misinformation circulating and concerns about getting COVID-19 among co-workers. Remember to treat your co-workers with respect and confidentiality.

Why might the Health Department call me?

When a person tests positive for COVID-19, the Health Department contacts them to find out who they were in close contact with during their infectious period (beginning two days before the start of symptoms or two days before a positive test result for people who did not have symptoms). Close contact means being within 6 feet of each other for at least 15 minutes. The Health Department will follow up with each close contact to assess their risk for COVID-19 and provide information about staying home and the importance of getting tested.

When would I need to quarantine and stay home from work?

If you **were** in close contact with someone with COVID-19 while they were infectious, you should [quarantine](#) for 14 days. Day 0 is the last day you had contact with that person. There may be some exceptions on quarantine guidance based on your type of employment and staffing capacity. The Health Department will provide you with specific guidance and next steps to take.

You can contact your health care provider about getting tested on or after day 7 of quarantine, if you have had no symptoms. This option is not available to those who work in close congregate settings where there is a high risk of transmitting COVID-19 to vulnerable people, such as assisted living and detention facilities. If your test is negative, you may end quarantine early and go back to work.

For both close contacts and people who tested positive: Neither a negative test for COVID-19 nor a letter from the Health Department should be required from your employer to return to work. The Health Department does not provide letters indicating that you can return to work.

If you **were not** in close contact with someone with COVID-19 while they were infectious, you may go to work and you do not need to quarantine.

What else should I know about COVID-19?

- Diseases can make anyone sick regardless of their race or ethnicity. Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

English

- People can spread the virus that causes COVID-19 up to two days before they have symptoms. However, some people with COVID-19 do not have any symptoms.
- COVID-19 is thought to spread through close contact from person-to-person, through respiratory droplets produced when an infected person coughs, sneezes, or talks. Avoid touching your eyes, nose, or mouth with unwashed hands.
- Cover your mouth and nose with a [mask](#) when around others outside of your home.
- Stay home from work if you develop a fever, chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, or diarrhea. Contact your health care provider for testing.
- Clean your hands often, either with soap and water for 20 seconds or a hand sanitizer that contains at least 60% alcohol.
- Avoid sharing items or workspaces with others and thoroughly [clean](#) workspaces prior to working and after you are done for the day.
- People who test positive should not return to work until they have completed [home isolation](#).
- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.
- Areas that were used by someone who tested positive for COVID-19 can be used by other people once the areas have been [cleaned and disinfected](#). If it has been seven days since the person was in the area, additional cleaning beyond routine cleaning and disinfection is not necessary.

Where can I find more information and support?

- [Vermont's COVID-19 Website](#)
- [COVID-19 Frequently Asked Questions](#)
- [How to Cope with Job Stress and Build Resilience During the COVID-19 Pandemic](#)
- [Communities, Schools, Workplaces, and Events](#)
- [What to do if you are a close contact of someone who is diagnosed with COVID-19](#)
- [Coping With Stress](#)
- [How to Protect Yourself & Others](#)